



# Sunset News

January - April 2017

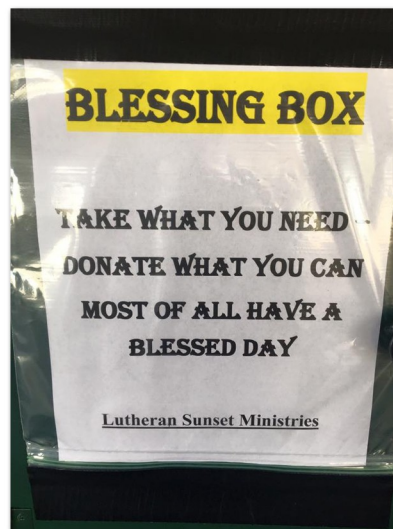
Official Publication of  Lutheran Sunset Ministries

Volunteers from the Pot O' Gold Thrift Store in Clifton have set up a *Blessing Box* for those in need throughout the community. The box is located outside the front door at the Pot O' Gold on South Ave Q in Clifton. It offers storage for items ranging from food and clothing to hygiene products.

"The Blessing Box is a grassroots, crowd-sourced solution to immediate and local need," said Ron Hubbard, Pot O' Gold Coordinator. "Whether a need for food or a need to give, the Blessing Box facilitates neighbors helping neighbors, building community. The less fortunate can come by the box at anytime to pick up goods that they may need. Those more fortunate are invited to donate."

The goal is that people will walk away knowing that someone out there cares.

We encourage other organizations in the community to follow our lead and help establish a network within Clifton and surrounding areas.



Sunset Home • College Hill Assisted Living • Rainbow Retirement Community  
Hospice Sunset • Sunset Companion Services



# Message from the President

In this message, I want to honor a lady who had a great impact and left her mark on Lutheran Sunset Ministries. Gloria Nell McDowell (Mac, Nell) passed away this past April as a resident of the ministry she so dearly loved. Ms. McDowell began her employment with LSM in 1960 and worked part-time and then full-time as an LVN. In 1967 she was promoted to Administrative Assistant and became Elmer Luckenbach's right-hand person for the next 21 years, until Mr. Luckenbach's retirement. In 1971, she became a Licensed Nursing Home Administrator and was promoted to Assistant Administrator, which was the title she kept until her first retirement from LSM in 1999.



During her 39 years from 1960-1999, Mrs. McDowell worked officially as a charge nurse, C.N. A. class instructor and Assistant Administrator. Unofficially, she worked as scheduler, taxi driver, gopher, enforcer, mentor, etc. Some folks thought she was an employee of the clinic at Goodall-Witcher because she spent so much of her time there checking on people and looking for admissions. You get the idea.

Whatever was needed to operate the ministry and help the ministry succeed, she was willing to do. If you called in and said you didn't have transportation to get to work, she would pick you up and bring you to work. She didn't tolerate excuses. Many days she would go home across the street, change out of her office clothes at 5:00, then put on her nursing uniform, come back and would work the floor until 11:00. She was the original Energizer Bunny.

In 1995, Mrs. McDowell was recognized for 30 years of full-time service and an endowment was established in her name to help provide funds for education of staff. These funds have been used during the years to train C.N.A.s and pay for tuition for LVNs and RNs.

After her retirement break from LSM, Mrs. McDowell came back to work at the ministry in 2004. She worked in admissions and once again took up residence in the clinic at the hospital. In 2008, she won the Texas Association of Homes and Services for the Aging Customer Service Award for her outstanding customer service during her entire career at LSM. I was actually the presenter of the award that year and it was with great pride I was able to honor her and her work at LSM in that way. Her quote from the program that night was, "One of my favorite writings has the statement, 'God has given me this day to use as I will.' I take this to heart and strive each day to make a difference in the lives of those we serve. What a joy this service has been and what a blessing to my life." That drive was the source of her endless energy. Mrs. McDowell retired again in 2010.

We should all "strive to make a difference in the lives of those we serve."

*Rodney Rueter, CEO/president*



Sunset Home residents and staff were waiting in anticipation throughout the month of April for chicken and geese eggs to hatch. An incubator, located in the Womack neighborhood, kept the eggs warm and protected until the first chicken made its appearance on April 10 – just in time for Easter! Residents and staff enjoyed these little visitors until it was time for them to head to the farm!



# Pot O' Gold Hits Million Dollar Mark

The age-old metaphor that compares an idea to the planting of a seed still reigns true today. Although it may seem corny and cliché, a simple idea can be nurtured and harvested into a budding crop of teamwork, dedication and heart, producing amazing results for years to come. One seed that did not go unsown was that of the Pot O' Gold Thrift Store in Clifton, Texas. Through the sale of donated items, Pot O' Gold has provided funding for numerous projects and pieces of equipment for the residents of Lutheran Sunset Ministries (LSM). Since opening its doors in 2001, it has served as one of the primary fundraising projects of the Sunset Volunteer Auxiliary.

Although it presents itself as a well-oiled machine today, the Pot O' Gold Thrift Store was at one time just a thought. One summer day, a group of people sat down at Trinity Lutheran Church in Clifton to discuss an idea. Little did they know this idea would become much bigger than they had ever imagined. This idea proposed to have the community donate items for the thrift store to resell, with funds benefitting the residents of LSM. "None of the money would be for utilities or salaries, it would be solely for the residents," said Marilyn Whitworth, one of the original thrift store volunteers.

The group voted unanimously to move forward and it wasn't long before donations began pouring in from the community, along with the willingness to volunteer. November 2016 marked the beginning of the sixteenth year for the Pot O' Gold, and in March 2017 the thrift store hit the million dollar mark in funds raised for the ministry.

"There have been many giving, talented and hardworking volunteers who have stepped up to take on various management roles such as Pot O' Gold coordinator, president, vice president, secretary, financial secretary and membership. Most have served several terms, putting in hundreds of hours each year," said Andrea Hikel, LSM volunteer coordinator. "We have 30-40 volunteers who come on a weekly basis and their dedication to the ministry is unbelievable."

On any given Thursday that does not fall on a holiday, you will find people lined up to enter the thrift store at 10 a.m. With donations pouring in daily, the inventory is constantly changing and always moves fast. From dining room tables to appliances to clothing, you'd be amazed at the items that come through our receiving line. Most people come to the back door to donate items and then around to the front door to do more shopping. It's quite a show on Thursdays. The store is located at 305 South Avenue Q in Clifton.

A little more than fifteen years ago, the Pot O' Gold seed was thoughtfully planted, and today the crop has multiplied beyond belief. The thrift store would not be possible if weren't for the volunteers who nurtured the original idea and those that followed who constantly tend to this magnificent crop of teamwork and dedication. "Since starting to work for Lutheran Sunset Ministries almost three years ago, I've been amazed at the amount of business the Pot O' Gold sees each week," said Mrs. Hikel. "Our volunteers work hard and I have no doubt that the progress made in the past will continue year after year. A million dollars raised is quite an amazing accomplishment."



## 2017 Volunteer Officer Installation



*In February, Lutheran Sunset Ministries installed its 2017 Volunteer Auxiliary officers. From left, Marilyn Whitworth, Trish Hightower, Barbara Anderson, Gladys Anz and Ron Hubbard. Outgoing officers included Bob Phillips and John Mounce. Thank you all so much for your service!*



## 3rd Annual Resident Art Show



*Resident Nancy Pruett  
Peoples' Choice Award*



*Resident Dorothea Borchers  
First Place Overall*

Lutheran Sunset Ministries hosted its third annual Resident Art Show, March 23-25, 2017.

Through a partnership with Bosque Arts Center (BAC), who provides art classes by instructor Karen Wise in the various LSM programs, the resident art was displayed for the public at the BAC. In addition, on Saturday, March 25, an artist reception was held for families, friends, guests and interested parties. Dorothea Borchers was awarded the first place overall ribbon and Nancy Pruett received the Peoples' Choice Award.

Encouraging older adults to take up the arts and express themselves is a natural fit for Lutheran Sunset Ministries' focus on individual well-being. Studies show that seniors active in the arts report better health, have more positive attitudes and are more active. Thank you to everyone who made this event happen!



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Our Team

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for our current employment opportunities!



To support our ongoing mission of successful aging and community outreach, Lutheran Sunset Ministries will soon be introducing Windmill Café. The café, which will serve a variety of breakfast and lunch items on weekdays, will be open to the public.

In an effort to fight isolation of older adults and promote social, intellectual, physical and spiritual growth, the café will also offer programming for those who are 55 or better. Opportunities such as art classes, book clubs, musical performances, Skype lectures and so much more will be available to older adults for little or no fee. Our current exercise classes led by Personal Trainer Leah Miles will be incorporated into the opportunity calendar as well.

According to AARP, isolation is a social problem that impacts as many as 17% of older Americans. AARP's document "Framework for Isolation in Adults over 50" states, "Subsections of the population experience isolation in different ways for different reasons. Factors including age, physical and mental health status, ethnic and cultural background, geographic location, socioeconomic status, marginalization/exclusion, oppression, and prejudice/bias are all important to consider when taking a comprehensive approach to understanding isolation." With this in mind, we will strive to combat isolation of older adults in our community and encourage others to age successfully.

Windmill Café will be located at 1604 W. 9th St. in Clifton (next to LSM's Heckmann Assisted Living). Business hours and programming details will be release in the months to come. If you are interested in volunteering at the café or partnering with the café to enrich our mission, please email [ahikel@luthersunset.org](mailto:ahikel@luthersunset.org) or call 254-675-8637, ext. 2224.



## Around Campus





## **MEMORIAL GIFTS**

*The services provided by LSM are enhanced by the generous and appreciative memorials given. All memorials, whether directed or not, go to the care and services provided. The residents served going forward are blessed by your thoughtfulness. The following gifts were given between Jan. 1 through April 30, 2017.*

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### **ELVY "MACK" YOUNG**

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## GENERAL GIFTS

All gifts help LSM in its work and mission. The following gifts were given between Jan. 1 through April 30, 2017.

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## HONOR GIFTS

These gifts are given to honor & appreciate special people, events, celebrations and/or achievements. All gifts help provide care to those served by LSM. The following gifts were given between Jan. 1 through April 30, 2017.

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## JOYCE SYMANK ON HER BIRTHDAY

By: Carol Kolb, Waco.

## Around Campus





# Sunset News

Official Publication of  
**Lutheran Sunset Ministries**

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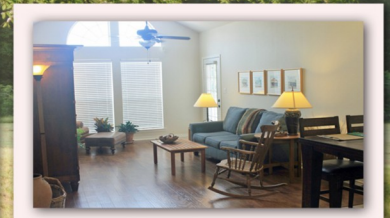
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